MORRIS CENTRAL SCHOOL DISTRICT

Home of the Mustangs

Drowning Prevention, Water Safety & Safe Swimming Information for Families

Provided in accordance with New York State's water safety education requirement for the 2026–2027 school year

Tips for Everyone

- Always swim with someone else, and keep an eye on each other.
- Pay extra attention to children around water.
- Consider your health — conditions such as a seizure disorder or heart condition can increase the risk of drowning.
- Avoid water deeper than chest height if you can't swim.
- Never use alcohol or drugs before or during swimming.
- Do not dive unless you know the water is at least 8 feet deep.
- Watch the weather — never swim during a storm or when you see lightning.
- The safest place to swim is a public beach or pool with lifeguards.

Know the Signs of Drowning

Each year, hundreds of New Yorkers drown. It can happen to anyone, anywhere there is water. Drowning happens quickly and silently — a person struggling to stay afloat may look like they are simply splashing or waving. Learn basic swimming skills, consider a CPR class, and know that rescue breathing, first aid, and calling 911 can save a life.

Keep Kids Safe

- Kids and teens have the greatest risk of drowning. Keep little ones within arm's reach at all times, even in the shallow end.
- Lifeguards and life jackets do not replace close adult supervision. Keep pools fenced with a locked gate.

Stay Healthy in the Water

- Avoid swallowing water and rinse off before and after swimming; never swim in cloudy or discolored water.
- Stay out of the water if sick with diarrhea or with open cuts or wounds; take children on frequent bathroom breaks.

When Boating

- Always follow safe boating practices and wear a U.S. Coast Guard-approved (I–III label) life jacket. Air-filled swimming aids, such as water wings and floats, should never be used in place of a life jacket.

More Information: health.ny.gov/environmental/outdoors/swimming

Source: New York State Department of Health, "Safe Swimming" (Pub. 3112, 7/26)